

⌘14 Pause and Practice:

One-Handed Shoe Tying

Learning one-handed shoe tying gives patients the option of wearing any number of shoes in their closet.

Prepare the shoe for the patient

- Unlace the shoe completely.
- Make a simple knot at one end and pull the lace through the hole located on the outside of the shoe. The knot should be on the patient's strong side.



- Lace the shoes by going from the outside of the eyelet to the inside of the eyelet ("top down through") when lacing the holes on the inside portion of the shoe.
- Go across diagonally up to the next eyelet and lace from the inside up and through the eyelet ("from under up through").

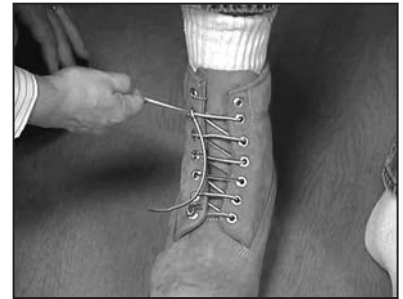


- Continue lacing to the last hole at the top of the shoes.
- At the top, go through the last hole a second time, to keep the shoe securely on the foot all day long.



Now the shoe is ready to give to the patient.

- Teach the patient to make a simple loop (as in the letter “c” from their perspective looking down at their shoe) starting up toward the ankle and then going down toward the toe of the shoe.
- Tuck the lace (the portion of the lace toward the toe) under the part of the lace that spans the last two holes at the top of the shoe.
- Pull and cinch toward the side of the knot, toward the strong side.
- If the laces are too long, you can cut the laces. Just be sure to cut the end at the toe where the knot is, so the “working” end doesn’t become frayed.



Notes
